

FIGHT THE BITE!



JOIN THE "SWAT TEAM" AGAINST WEST NILE VIRUS

DRAIN STANDING WATER

around the house weekly since it's where mosquitoes lay eggs. This includes tires, cans, flowerpots, clogged rain gutters, rain barrels, toys and puddles.

DUSK & DAWN are when mosquitoes that carry the virus are most active, so limit outdoor activities or take precautions to prevent mosquito bites.

DEET is an effective ingredient to look for in insect repellents.

Always follow label instructions carefully.

DRESS in long sleeves and pants during dawn and dusk, and when in areas where mosquitoes are active.

WEST NILE VIRUS is rare, but if you have symptoms including high fever, severe headache and stiff neck, contact your health care provider immediately. Though anyone can be infected and become ill, severe illness or death are more common in people over age 50.

For more information visit: www.dphhs.state.mt.us or contact your local health department.

Fight the Bite was adapted and used with the permission of Colorado's state & local health departments.